NEW FULL MOON DAY NEWSLETTER

BIBLICAL NEW MOON = THE NEW FULL MOON

"Likewise, the people of the land shall worship at the entrance to this gateway before the Heavenly Father on the Sabbaths and the New moons🌙." Ezekiel 46:3

(English Biblical Translations ERROR - in Hebrew - chôdesh from H2318; means the new moon; by implication, a month: - month (-ly), new moon 🌕 = a beginning of a new month)

THOUGHT OF THE MONTH

DEAR BELIEVERS,

Passover is behind us. Yet this is not the end of the moment — it is a time of reflection. For forty days, Yeshua appeared to His disciples, giving "convincing proofs" that He was alive and instructing them concerning the Kingdom. During this time, they gathered, they listened, and they were prepared. These days transformed them. From fear to boldness. From confusion to clarity. From followers to messengers. This period was not idle. It was alignment. And within this window of reflection, one truth stands at the centre of it all: Blood.

THE SIGNIFICANCE OF BLOOD

"For the life of the flesh is in the blood..."
Leviticus 17:11 NKJV

Blood is not just a physical substance. It carries life, oxygen, nutrients, immunity, and information throughout the body. It sustains every organ and every system. Without blood, there is no life. At Passover, blood marked protection. It distinguished life from judgment.

THROUGH YESHUA, THE IMPORTANCE OF BLOOD IS BROUGHT INTO FULL FOCUS – IN HOLY COMMUNION WE REMEMBER HIS RESURRECTION, AWAIT HIS RETURN, AND STAND IN THE COVENANTS HE CARRIES: DAVID'S THRONE AND ABRAHAM'S PROMISE OF RESTORATION AND REDEMPTION. BLOOD CARRIES IDENTITY.

WHY DIFFERENT BLOOD GROUPS?

Human blood is not the same across all people. There are different blood groups — A, B, AB and O — each with distinct markers. These are not interchangeable. The body immediately recognises incompatible blood as foreign and reacts to it. This reveals something profound. The body is designed with recognition. It knows what belongs. And it knows what does not. Blood carries that distinction. Our blood types identify us as one human race, yet with internal uniqueness. They remind us that while humanity is one, the body is not generic.

THE BODY RECOGNISES

The body's immune system recognises what belongs — and rejects what does not. There is no confusion. The body protects. This principle extends beyond blood transfusion.

WHAT DOES THIS MEAN?

Blood groups are more than medical categories. They reflect biological, social, and physical differences in how the body interacts with what it receives. We are not all designed to function identically. What nourishes one may burden another. This is seen even in how we eat — different food groups sustaining different people across the globe, making survival possible in diverse environments. Over time, this has shaped patterns of living, influencing skills, choices of habitat, and ways of life.

Yet we are called to worship in unity. The prophets point to this clearly. In the Book of Isaiah, we are shown a Kingdom where all flesh gathers at appointed times. In Book of Ezekiel 47, we see the restoration of that Kingdom — where life flows, the land is healed, and order is established.

A KINGDOM WHERE THE NATIONS GATHER IN APPOINTED TIMES — WHERE WORSHIP IS NOT OPTIONAL, AND ALIGNMENT IS NOT NEGOTIABLE.

THERE IS DISTINCTION IN OUR LIFESTYLES. BUT UNITY IN OBEDIENCE. LET THIS BE FOOD FOR THOUGHT DURING THESE FORTY DAYS.

THE WATERS, THE WIND, AND THE WEIGHT OF STEWARDSHIP

The full moon returns, and with it, a quiet reminder: we are not outside creation—we are placed within it. Last month, we spoke of the oceans... the great oxygen forests beneath the waves, the unseen systems sustaining life, and the silent pressure they carry. This month, the conversation deepens. Because the question is no longer only:

WHAT IS HAPPENING TO CREATION? BUT RATHER: HOW ARE WE CHOOSING TO GOVERN IT?

THE TENSION WE CAN FEEL

Across the world—and here at home— voices are rising around energy, oceans, and the future of the land. Some call for an immediate end to fossil fuels. Others warn of economic collapse if systems are removed too quickly. Petitions are written. Projects are approved... and then halted. Communities stand in the middle, trying to understand what it all means. Court cases deplete what's left of their resources. And beneath it all lies a tension we can all feel:

- The need to protect what cannot be replaced
- And the need to provide what people cannot live without

Creation was never meant to be exploited... but neither was man meant to be left without provision.

"The earth is the Heavenly Father's, and all its fullness..." - Psalm 24:1

The oceans do not belong to corporations. The wind does not belong to governments.
And the land was never meant to be stripped without thought. But equally… Provision is not optional. Energy powers:

- Food systems
- Water systems
- Homes and hospitals
- The daily rhythm of life itself

THE TRUTH IS, IT IS EASY TO BE PULLED TO CHOOSE A SIDE, BUT PERHAPS WE SHOULD DIG DEEPER AND ASK THIS: WHO IS SHAPING THE SYSTEMS WE ARE BEING ASKED TO ACCEPT?

- **Who decides what is removed… and what replaces it?**
- **Who carries the cost of transition?**
- **And who ultimately holds the power when the shift is complete?**

Because history has shown us:

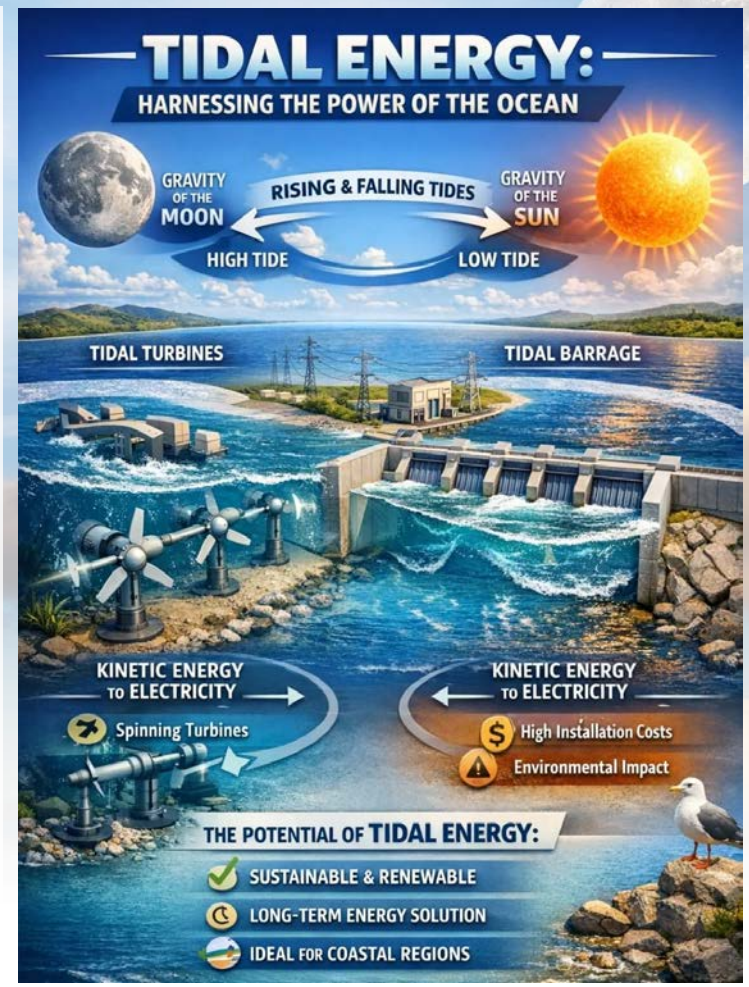
- Change is not only about what is changed
- It is about who governs what comes next

A THOUGHT FOR THIS SEASON

The full moon marks rhythm. Order. Appointed time. Creation itself moves in balance— not in haste, not in neglect. An ecosystem, carefully ordered, where all living things are sustained. There is no chaos in how the tides rise, no panic in how the seasons turn. And perhaps that is where wisdom lies for us now:

- Not in reaction
- Not in fear
- No more racing ahead of what is meant to unfold

But in measured stewardship. What stewardship could look like in the coming Kingdom.



Not loud. Not political. Just awareness that is grounded in our Heavenly Father's will.

- Protecting the oceans without compromise
- Living with an attentive awareness of sea life — learning to understand their needs, their behaviour, and the ways they respond within their environment
- Caring for all these creatures — which are deeply affected by human activity
- Building energy systems that do not leave communities vulnerable nor the sea life compromised
- Ensuring that provision reaches people and all animals in need
- Keeping decision-making close to the people, who is affected in line with God YHUH and Yeshua's instructions

A QUIET REFLECTION FOR THE SABBATH

As the light of the full moon rests over land and sea… Consider this:

ARE WE BEING ASKED TO CHOOSE BETWEEN CREATION AND PROVISION… OR ARE WE BEING INVITED TO RESTORE THE BALANCE BETWEEN THEM? AND IN THAT BALANCE– WHERE DOES RESPONSIBILITY BEGIN FOR EACH OF US? THIS SABBATH, WE REST IN THE KNOWING: THE ONE WHO FORMED THE SEAS AND SET THE BOUNDARIES OF THE DEEP ALSO UNDERSTANDS WHAT HIS PEOPLE NEED. OUR ROLE IS NOT TO RUSH AHEAD… BUT TO WALK IN ALIGNMENT– WITH WISDOM, WITH DISCERNMENT, AND WITH CARE.

THE HEALING POWER OF TEARS

YOUR TEARS CONTAIN A NATURAL PAINKILLER 6 TIMES STRONGER THAN MORPHINE. AND YOU WERE TRAINED TO HOLD THEM BACK...

In 2006, researchers at the Pasteur Institute in Paris discovered a molecule in human tears called leucine-enkephalin. It is an endogenous opioid. Your body manufactures it. It binds to the same receptors as morphine. It is six times more potent. Every time you cry, your body is not breaking down. It is self-medicating.

Dr. William Frey at the University of Minnesota proved that emotional tears have a completely different chemical composition than reflex tears. When you cry from cutting an onion, the tears are mostly water. When you cry from grief, stress, or pain, the tears contain cortisol, adrenaline, prolactin, and leucine-enkephalin. Your body is literally flushing stress hormones out through your eyes and replacing them with its own painkiller.

PEOPLE WHO CRY REGULARLY HAVE LOWER BLOOD PRESSURE, LOWER CORTISOL LEVELS, AND STRONGER IMMUNE FUNCTION THAN THOSE WHO SUPPRESS TEARS. THIS HAS BEEN MEASURED.

Men are told crying is weakness. Women are told it is emotional instability. Children are told to stop. An entire species trained to suppress the one biological mechanism designed to flush poison from the body and replace it with medicine.

YOU HAVE A PHARMACY BEHIND YOUR EYES. IT ACTIVATES AUTOMATICALLY WHEN YOU NEED IT MOST. IT COSTS NOTHING. IT REQUIRES NO PRESCRIPTION. AND FOR YOUR ENTIRE LIFE, YOU WERE TOLD TO SHUT IT OFF. THE NEXT TIME YOUR BODY TELLS YOU TO CRY, LET IT. IT KNOWS EXACTLY WHAT IT IS DOING.

GIVE BACK BY SHOWING EMPATHY

Here are five simple ways to give back through empathy:

1. Just Listen
You don't have to "fix" the problem. Often, the best thing you can do is sit with someone and let them talk. Giving them your full attention without interrupting shows that their story matters.

2. Acknowledge Their Feelings
Instead of telling someone how they should feel, tell them you understand why they feel the way they do. Saying "I can see why that is so hard for you" helps them feel heard and respected.

3. Offer Practical Help
Asking "How can I help?" can be overwhelming for someone in a crisis. Instead, offer something specific, like bringing over a meal or helping with a quick errand. It takes the pressure off them to come up with a task.

4. Avoid "Happy Talk"
Try not to rush them into "looking on the bright side." When things are difficult, it is okay for them to just be difficult. Let the person sit with their feelings without forcing them to be positive right away.

5. Check In Later
Difficult times usually last longer than the initial shock. Sending a simple text a week or a month later—just to say "I'm thinking of you"—shows that your support wasn't just a one-time gesture.

A FULL MOON REFLECTION ON BLOOD PRESSURE

THE BODY DOES NOT FAIL. IT SIGNALS: PART 2

In the previous reflection, we established a simple truth: Blood pressure is not the problem. It is the signal. But a signal does not stop until it is understood. When the body raises pressure, it is not acting against you. It is working for you — compensating, adjusting, trying to maintain balance under strain.

THE QUESTION IS NOT HOW QUICKLY THE NUMBER CAN BE LOWERED. THE QUESTION IS: WHAT IS THE BODY TRYING TO PROTECT? CIRCULATION INCREASES WHEN TISSUES ARE NOT RECEIVING WHAT THEY NEED. OXYGEN, NUTRIENTS, PROPER FLOW – WHEN THESE ARE COMPROMISED, THE BODY RESPONDS BY PUSHING HARDER.

THIS CAN HAPPEN QUIETLY.

Thickened blood from poor diet. Inflammation from processed foods and chemical exposure. Tension held in the body over long periods. A nervous system that has forgotten how to rest. The vessels tighten. The heart works harder. The pressure rises.

This is not failure. It is compensation. Emotional strain also plays a role. The body carries what the mind does not release. Ongoing worry, pressure, and unresolved tension settle into the system, affecting breathing, circulation, and rhythm.

Over time, the body adapts to a state of "always on." And in that state, elevated pressure becomes normal. Food speaks as well. Highly processed oils, excess sugar, and refined foods create internal inflammation. The vessels lose flexibility. The system becomes rigid where it was designed to respond and flow. The body then increases pressure to keep circulation moving.

Again, not failure. Adjustment. The full moon reminds us that everything in creation moves in cycles — expansion and release, activity and rest.

The body is no different. It is designed to rise and fall. To work and to recover. To exert and to restore. When this rhythm is broken, pressure builds. Not only in the vessels, but across the entire system. So the response must go deeper than stabilising the number.

- Slow the system down
- Restore hydration and mineral balance
- Reduce inflammatory inputs
- Allow the nervous system to settle
- Create space for true rest

Because when the body feels safe again, it begins to regulate.

- Pressure eases
- Flow improves
- Balance returns

The body does not fight you. It communicates. And when we begin to listen, the signal no longer needs to shout.

BREAD THEN, BREAD NOW — WHAT CHANGED?

There was a time when a simple meal could sustain a household. Not abundance by today's standards... but enough.

- Enough to work
- Enough to travel
- Enough to live

AND PERHAPS THE QUESTION FOR US NOW IS: WHY DID IT SUSTAIN THEM THEN... AND WHY DOES IT OFTEN NOT SUSTAIN US IN THE SAME WAY TODAY?

THE SIMPLICITY OF PROVISION

In ancient times, food was not engineered. It was grown, gathered, prepared... and eaten. Bread was made from freshly milled grain, water, and time. It formed the foundation of daily life—paired with what the land and season provided. Meals included grains, lentils and beans, vegetables and herbs, fruits such as dates and figs, olive oil, and at times milk, cheese, fish, or meat. Lamb and other meats were not everyday food for most, but were reserved for meaningful meals and appointed times. There were no additives. No enhancers. No extended shelf life. Only what the land could give... and what the body could recognise. Food was not limited—but it was simple, whole, and aligned with rhythm.

THE RHYTHM OF EATING

Food scarcity shaped behaviour. Meals were not constant. Snacking was not normal. Eating followed rhythm—morning, evening, or after labour. And in between, the body rested. Digestion completed its work. Balance was maintained.

WHAT HAS CHANGED?

Today, food is everywhere... but nourishment is often lacking. Modern bread is highly refined, rapidly produced, and designed for softness and shelf life. It breaks down quickly, stimulates appetite, and often leads to more eating rather than true satisfaction. And so the same word—BREAD—now carries a very different experience. Meals are more frequent, more varied, and often more stimulating than sustaining. And in that abundance, the line between what sustains and what stimulates begins to blur.

THE QUESTION OF GLUTEN

ANOTHER QUIET SHIFT HAS TAKEN PLACE WITHIN THE GRAIN ITSELF. WHEAT TODAY IS NOT THE SAME AS IT ONCE WAS. MODERN WHEAT HAS BEEN SELECTIVELY BRED FOR YIELD AND BAKING PERFORMANCE, ALTERING THE STRUCTURE AND CONCENTRATION OF GLUTEN - THE PROTEIN THAT GIVES BREAD ITS ELASTICITY.

At the same time, bread-making has accelerated. Where dough once fermented slowly—allowing partial breakdown of gluten and fermentable carbohydrates—most modern bread is produced rapidly, leaving little time for this process.

As a result, many people experience:

- **Persistent bloating and abdominal distension**
- **Excessive gas and discomfort**
- **Altered bowel patterns (constipation or diarrhoea)**
- **Systemic symptoms such as fatigue, brain fog, and skin irritation**

In more severe cases, conditions such as Celiac disease involve an immune response where the lining of the small intestine is damaged by gluten exposure. Others experience sensitivity that is real, repeatable, and often unrecognised. This is not because bread was inherently harmful... but because the grain and the process have changed.

A QUIET RETURN

Interestingly, there is a growing return to what are often called ancient grains—varieties that have remained closer to their original form and are typically prepared more slowly.

This shift reflects a broader awareness that both the grain and the process have changed over time.

We will explore this further in the next article, as this quiet return may hold important insight into how food once sustained… and how it may do so again.

A FORGOTTEN DISTINCTION

In Scripture, not all bread was the same. There was **LEAVENED BREAD**—raised and part of daily life. And **UNLEAVENED BREAD**—simple, without rising, prepared in haste.

In Exodus 12, unleavened bread was eaten during the departure from Egypt, forming part of the **FEAST OF UNLEAVENED BREAD**. For a time, leaven was removed. Bread returned to its simplest form. This was not only about food.

UNLEAVENED BREAD

OF REMEMBRANCE

Honouring the deliverance of Heavenly Father and Yeshua, the Bread of Life.

UNLEAVENED BREAD RECIPE

INGREDIENTS:

2 cups flour
1/2 teaspoon salt
2 tablespoons olive oil
3/4 cup water (added gradually)

NO YEAST
NO SWEETENER
NO RISING

INSTRUCTIONS:

1. In a mixing bowl, combine the flour and salt and stir evenly.
2. Add the olive oil and mix until the flour becomes lightly crumbed.
3. Slowly pour in the water a little at a time, mixing until a firm dough forms. The dough should come together easily and should not be sticky.
4. Turn the dough onto a clean surface and knead gently for 2 minutes until smooth. Do not overwork the dough, as this bread is not meant to rise.
5. Divide the dough into small portions.
6. Roll each portion thin and flat. The thinner the bread, the better it reflects the haste in which it was first eaten.
7. Cook in a pan or bake until lightly browned.

It was a reminder to:

- Leave behind what had been carried too long
- Move without delay when called
- Return to what is clean, simple, and aligned

A PAUSE. A CLEARING OUT. A RESET.

A RETURN TO THE GARDEN

And yet... there is another way quietly calling us back. A slower way. A grounded way. Finding joy in cultivating your own food. Hands in the soil. Watching something grow from seed to sustenance. Returning to simple recipes—prepared with care and intention. Learning again the art of preservation—not out of fear, but out of wisdom.

A SABBATH REFLECTION

AS THE FULL MOON RISES AND RHYTHM IS RESTORED ONCE MORE... CONSIDER THIS: ARE WE EATING IN A WAY THAT SUSTAINS... OR IN A WAY THAT CONSTANTLY DEMANDS MORE? AND WHERE MIGHT THERE BE A QUIET INVITATION... TO CLEAR OUT, SIMPLIFY, AND RETURN TO WHAT IS ESSENTIAL? WE ARE REMINDED: THE ONE WHO PROVIDED IN THE WILDERNESS DID NOT PROVIDE EXCESS–HE PROVIDED ENOUGH. AND IN THAT "ENOUGH"... THERE WAS STRENGTH.

THE FROST MOON: SOUTH AFRICA'S MAY SKY MOMENT

On Friday, 1 May 2026, skywatchers across South Africa and much of Southern Africa will witness a beautiful full moon–commonly referred to as the **Frost Moon** in this region. This year is especially notable, as May 2026 will include **two full moons, with the second occurring on 31 May–known globally as a Blue Moon.**

WHY "FROST MOON" IN SOUTHERN AFRICA?

Unlike Northern Hemisphere naming systems, which reflect springtime conditions, Southern Africa enters late autumn in May.
This full moon aligns with:

- The **onset of colder temperatures**
- The **first frost in inland and high-altitude regions**

The name Frost Moon is therefore **seasonally accurate for Southern Africa**, reflecting environmental realities rather than imported traditions.

VIEWING IN SOUTH AFRICA

The full moon will rise in the **early evening,** making it easily visible across the country. For best viewing conditions:

- Look toward the **eastern horizon at sunset**
- The moon will appear **larger and warmer in colour** as it rises
- Clear autumn skies typically provide **excellent visibility**

BAREFOOT
RETURNING TO NATURAL HEALING: PART 1

We have been taught that comfort is always good. Soft soles, cushioned steps, protected feet. But in seeking comfort, we may have quietly disconnected from one of the body's most powerful natural healing systems.

THE FEET ARE NOT JUST FOR WALKING. THEY ARE FILLED WITH PRESSURE POINTS – CONNECTED TO ORGANS, CIRCULATION, AND THE NERVOUS SYSTEM. WHEN WE WALK BAREFOOT ON NATURAL GROUND – SOIL, SAND, GRASS, STONE – THESE POINTS ARE GENTLY STIMULATED, ACTIVATING THE BODY'S INTERNAL SYSTEMS.

Hence, reflexology has become a necessity in modern life — a structured way to restore what natural movement once provided daily. Through this stimulation, the body responds:

- **Improved circulation and blood flow**
- **Support for digestive organs**
- **Activation of liver and detox pathways**
- **Calming of the nervous system**
- **Better sleep and reduced stress**
- **Support for kidney function and fluid balance**

This is not new knowledge. It is ancient. But there is something even deeper taking place. We are electrically charged beings. Our nervous systems can be compared to a well-wired hi-tech building

DIRECT CONTACT WITH THE EARTH GROUNDING – HAS BEEN SHOWN TO REDUCE INFLAMMATION, CALM THE NERVOUS SYSTEM, IMPROVE SLEEP, AND SUPPORT CIRCULATION. IN SHORT, IT PREVENTS AN ELECTRICAL "SHORT" OR MALFUNCTION. WHEN THE BODY RECONNECTS WITH THE EARTH, IT BEGINS TO REGULATE, RESTORE, AND REBALANCE NATURALLY. EXCESS ELECTRICITY IS DISCHARGED INTO THE EARTH.

Modern life has placed a barrier between us and this connection, cutting off our life current, in a sense. Rubber soles. Your favourite tekkies! Artificial surfaces, wooden flooring. Constant separation from the ground beneath us. What we call comfort may in fact be disconnection.

To walk barefoot is to return — to feel the earth again, to awaken what has been dulled, to allow the body to recalibrate and heal itself in rhythm with creation. It is simple. Accessible. And deeply restorative.

A GENTLE RETURN... LOOK FOR EXCUSES TO:

Take off your shoes. Stand on the earth. Feel the grass between your toes... and then breathe deeply. Let your body remember.

THE INVISIBLE FILTER
WHAT YOU CAN'T SEE CAN STILL HARM YOU

We often assume that if the air looks clear, it must be safe. But the lungs are constantly working — filtering everything we breathe, every moment of the day. Just because something is invisible does not mean it is harmless. A clear example is firefighters. While thick smoke is the obvious danger, the real long-term damage often comes from what cannot be seen — microscopic particles released from burning plastics, chemicals and materials. These particles are so small they move past the body's natural defences and settle deep within the lung tissue.

At first, nothing is felt. But over time, these invisible deposits build up, creating strain the body cannot easily remove. This same principle applies quietly in everyday life. **That strong smell from nail polish, paint, glue, or cleaning products is not just a smell. It is made up of fine airborne chemical particles — many of them microscopic — that are easily inhaled. Aerosol sprays such as deodorants, air fresheners and hairsprays turn liquid chemicals into a mist that lingers in the air long after the scent fades.**

These particles can penetrate deep into the lungs, settling where the body has limited ability to clear them. Repeated exposure places a continuous burden on the respiratory system. But even just a one-time exposure in an unventilated area can cause serious damage to the throat and lungs, causing a possible allergic reaction.

TO UNDERSTAND THIS, IMAGINE THE LUNGS AS A DELICATE INNER ENVIRONMENT DESIGNED TO REMAIN CLEAN AND FLOWING. WHEN EXPOSED TO REPEATED CHEMICAL MIST, THAT NATURAL SYSTEM BECOMES OVERLOADED. WHAT WAS DESIGNED TO MOVE FREELY BEGINS TO SLOW AND ACCUMULATE. BY THE TIME SYMPTOMS APPEAR - COUGHING, IRRITATION, OR FATIGUE - THE BODY HAS OFTEN BEEN COMPENSATING FOR SOME TIME.

The body was not designed for constant exposure to synthetic airborne particles. Simple changes can make a meaningful difference.

- **Open windows when using strong products**
- **Avoid unnecessary sprays and aerosols**
- **Choose cleaner, low-toxicity alternatives where possible**

The goal is not fear — it is awareness. The lungs are a living filter. What we breathe in matters — even when we cannot see it.

BOTTOM LINE IS:
CLEAN AIR, CLEAN WATER, AND UNCONTAMINATED FOODS ARE WHAT SUSTAIN OUR BODIES' ENGINES.
WITHOUT THEM, THE ENGINE WILL START TO SHOW SYMPTOMS OF NEGLECT.

IT IS IMPORTANT TO UNDERSTAND:

OREGANO SUPPORTS TERRAIN. IT DOES NOT REPLACE ORDER.

Essential oregano oil is extremely potent and should only be used with proper veterinary guidance.

For human support, oregano has traditionally been used as a tea, a culinary herb, or a properly diluted preparation.

Concentrated oils should never be used undiluted and should not be taken continuously without knowledgeable guidance. Natural does not mean harmless. Potency requires wisdom. The goal is not sterility. It is balance.

Parasites thrive where there is:

- Compromised immunity
- Poor gut balance
- High sugar intake
- Chronic stress
- Overcrowded livestock conditions
- Weak sanitation practices

Herbs like oregano assist resilience. They do not compensate for neglect. For livestock, dried oregano leaf has been used in feed blends to support gut health. Whole plant forms are generally gentler than concentrated essential oils.

Healthy bodies coexist with microorganisms daily. The aim is resilience — not panic-driven elimination. In Goshen living, health is maintained through:

- Nutritional discipline
- Clean water
- Proper sanitation
- Rhythmic rest
- Strong immune function
- Wise herbal stewardship

Boundaries restore safety in households. Structure restores health in bodies. We do not chase every claim. We steward with clarity.

FULL MOON HEALTH

WINTER-PARASITE TEA RECIPE

with Cloves

A WARMING, DIGESTIVE HERBAL BLEND TO SUPPORT GUT BALANCE

Herbs can support gut balance, they are not a guaranteed cure for parasites on their own. Think of this tea as supportive, not standalone treatment.

INGREDIENTS (1–2 CUPS)

3–4 whole cloves
Traditionally used to target parasite eggs.

½ tsp ground cinnamon (or 1 small stick)
Warming and antimicrobial.

½ tsp grated fresh ginger
Stimulates digestion and supports circulation.

1 tsp dried peppermint
Soothes the digestive tract and relieves discomfort.

Juice of ½ lemon
Supports detox pathways and digestion.

1 tsp raw honey (add after brewing)
Soothes the throat and supports healing.

METHOD

1. Bring 1 cup of water to a gentle boil.
2. Add cloves, cinnamon and ginger.
3. Simmer for 10–12 minutes to extract the goodness.
4. Remove from heat, add peppermint and steep for another 5 minutes.
5. Strain the tea.
6. Add honey and lemon once slightly cooled.
7. Sip warm and enjoy!

WHY THESE INGREDIENTS?

- Cloves – targets parasite eggs
- Cinnamon – warming and antimicrobial
- Ginger – stimulates digestion and circulation
- Peppermint – soothes and calms the gut
- Lemon – supports detox pathways

HOW TO USE

Drink once daily for 7–10 days.

Best taken:

- Morning (empty stomach) OR
- Evening before bed.

IMPORTANT NOTES

- Avoid if pregnant or breastfeeding.
- Do not use if you have seizures or neurological conditions.
- Do not use continuously long-term. Use in cycles.
- If you suspect a real parasitic infection, medical diagnosis is important.

WINTER ADD-ON OPTION

For an extra warming boost, you may add:

A pinch of turmeric

A small piece of garlic (lightly crushed)

"For the life of the flesh is in the blood..." – Leviticus 17:11 NKJV

Support your body. Strengthen your foundations. Walk in alignment. Purification • Illumination • Glorification

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- Addiction recovery theories
- Natural healing protocols
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